

FREDERICK COUNTY COMMISSION ON AGING MINUTES
Monday, November 5, 2018, 1:00 PM
Frederick County Citizens Services Building
401 Sagner Avenue, Frederick, MD
301-600-1605

COA MEMBERS	DOA STAFF	EXCUSED	UNEXCUSED	GUESTS
Marcy Gouge	Sue Ramsburg	M.C. Keegan-Ayer		Richard Jones
Tom Lawler	Kathy Schey	Donna Kuzemchak		Geoff Littrell
Dianne Lewis		Ann McDermott		Sharon Payne
Sally Livingston		Carolyn True		
Dakota Shelton				
Thea Uhlig-Ruff				
Sandra Wastler				
Mary Wark				
Marva Younger				

- I. Call to Order/Welcome & Introductions** – Sandi Wastler called the meeting to order at 1:08 pm. Sandi welcomed all attendees. She gave a brief description of the Commission and its goals.
- II. Action on the Agenda** – There is nothing to add to today's agenda.
- III. Approval of Minutes** – The minutes of the August 13th, September 10th, and October 8th meetings were approved at today's meeting.
- IV. Elected Officials' Comments** – No elected officials are present at today's meeting.

- V. Geriatric Services at Frederick Regional Health System – Diane McFarland, VP Patient Care Services** – Diane presented information at today's meeting on what Frederick Regional Health System (FMH) is doing to enhance geriatric services. The main campus of FMH includes 266 in-patient beds, an intensive care unit, a behavioral health unit, a crisis emergency area, pediatric unit, pediatric emergency department, and dialysis. It is a well-rounded community hospital. Nationally the age 65 and older population is increasing and the increase will be more significant in Frederick County. Locally the 55+ age group outpaced school age children by the year 2015. The question; what does FMH need to do to prepare for this increase in the senior population. Diane noted that the in-patient needs for 65 + population has also increased by 12% in the last two years.

An assessment was done in 2016 to review the care being provided and as a result FMH created a geriatric services committee of thirty multi-disciplinary people who are divided into seven subcommittees to work on different initiatives. These diverse subgroups meet and report monthly with results of their work. FMH has gotten involved with a national organization, the Institute for Healthcare Improvement (IHI). IHI provides the framework to ensure that recognized best practices can be implemented locally. They have included a program called an age friendly environment and it is based on the 4 "Ms"; mentation, mobility, medication, and what matters most. FMH has implemented some specific strategies based on the "Ms".

Mentation – A tool is used in the inpatient units to check for delirium. The focus is to search for what the hospital may be doing to cause the delirium. Do labs/vital signs need to be done around the clock? Has the patient's change in routine/environment caused confusion? There is a focus on keeping assistive devices in place near the bedside. One change being implemented is to make a convenient way for patients to keep personal belongings near the bedside. Patients are provided a box specifically to keep their important personal items near their bed. Large print items clocks and informative whiteboards are being placed in patient rooms. There are also sensory items being made available for patients with cognitive issues that need this type of assistance to decrease agitation.

Medication – While doing a pilot study of medical records, it was discovered that 77% of (215) patients 65 and older at one physician practice who were admitted to the telemetry unit are on ten or more medications. It was discovered that 44% of individuals in this study were admitted because of medicine complications. After a review of medications was done, 129 of the patients were able to decrease

their medication needs. There was also a decrease in readmissions during the time of this study.

Mobility – There was a 5 month pilot done on a specific unit which reviewed the mobility of inpatients who did not receive a physical therapy (PT) consult as part of their care plan. The pilot looked at 641 patients who did not receive an automatic consult for PT. Extra staff were brought in to increase the mobility opportunities for these patients during their stay. These patients were assisted with walks two times a day and education was provided to the families regarding the importance of mobility. Preliminary data shows that there was a significant fall reduction and decrease in readmissions during this time period. There was also a decrease in transfer to long term care facilities.

What matters most – One of the FMH social workers who works in the community and the emergency department has increased the education and implementation of patients having an advance directive on file. FMH has also implemented pet therapy, increased visiting hours, and large print reading options. There is also an increased focus on the patient's goals of care. What is the patient's expectation of the inpatient outcome? Some patients who may have been treated with aggressive/proactive care elected to receive less treatment and/or go into a hospice environment.

Next steps – The subgroups will continue to meet and report monthly as FMH continues to create an age friendly environment. They will continue to review best practices and education priorities. They are looking to recruit a geriatric care navigator and nurses who are certified in geriatric services or have that type of training. The goal is to have all the above mentioned pilots go hospital-wide.

VI. Committee Reports

Nominations – Tom Lawler – Tom stated the nominations for the Chair is Sandi Wastler and Vice Chair is Thea Ruff. There were no other nominations for Chair and Vice Chair. He made a motion that Sandi Wastler be appointed as Chair. All members are in favor. He made a motion that Thea Ruff be appointed as Vice Chair. All members are in favor. Sandi stated that the Nomination Committee has received a two letters of interest and interviews will be held at the end of this month. Sandi stated that County Council approved Bill 1823 which moved the Commission to a Senior Advisory Board. This change will be effective December 15th. All current Commission members will be grandfathered onto the new Board. The Board requires only eleven members so there will be only one opening to fill. Bill 1823 is on the Frederick County Council page on the

Frederick County Council page and includes the changes in the rules/regulations. Sandi will email a PDF of the 1823 Bill to all Commission members. Sandi stated the new By-Law Committee will meet on November 16th at 9:00am.

Business Task Force – Tom Lawler – Tom stated that this group continues to work on the caregiving video which is now available for viewing on the Frederick County website. There are two videos available; one is eleven minutes and the other is seventeen minutes. Robin Santangelo, Public Information Officer for Frederick County, attended the last meeting and there was a discussion on the best way to market this video. On November 27th, there is a National Caregiving Month event at Winchester Hall. The Family Caregiver Alliance will be celebrating their 40 year anniversary. The video will be highlighted and publicized at this event. Tom would like to have the video presented again at a Commission meeting. There may be an opportunity to show the video at an Elder Services Provider Council meeting next year.

Affordable Housing Council – Marva Younger – Marva reported that the Sharpe property on Motter Avenue will be given a tax credit break so they can proceed with the construction of an 80 unit building. It should be completed around January 2020. Rent on these units will be close to market rate. The Housing Council has been asked to explore vacant properties around the county and report back.

Legislation – Ann McDermott – No report today

Living Well in Place – Thea Ruff – Thea reported that this group has not had a recent meeting. Nothing to report at this time.

Adult Public Disabled Review Board – Marcy Gouge – Marcy stated that she missed the last meeting because there was a date change. This Board is in need of more community members. If you know of anyone who would be appropriate for this Board please make Geoff Littrell or Joyce Grossnickle aware. This group meets quarterly.

- VII. Discussion concerning letter from Montgomery County to MDoA Secretary Rona Kramer to create local coalitions of Commission on Aging – Sandi Wastler** – There was some discussion on a letter from the Montgomery County Commission on Aging and was promoting an Association of Maryland Commission on Aging. This would allow for all the Maryland CoAs to join forces to create one strong voice to advocate for legislation dealing with senior services. Sandi brought up this subject to see if there is interest in this

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Commission in joining this tentative group. This idea is very new and there is limited information available at this time. Sandi will reach out to Ann McDermott to see if she wants to take the lead if this group has interest. Dianne made a motion to explore the option of participating in this Association of CoAs. Mary seconded this motion. All are in favor.

Public Comment –

Sharon Payne was at today's meeting and talked about working with individuals with vision issues. She passed out information about a vision education series that will be held at the Frederick Senior Center. There are many assistive devices for those who have limited vision and want to remain independent.

VIII. Adjournment - Meeting was adjourned at 2:25 pm.

Susan M. Ramsburg
Recording Secretary